CAR SURVIVAL CHECKLIST

Ten minutes to pack, and it could be the difference between a bad afternoon and a rescue. Tick each box as it goes in the car.

IN THE CAR

- [ ] Water: 1 gallon per person per day
- [ ] Jumper cables
- [ ] Flares or a reflective triangle
- [ ] Car phone charger
- [ ] Blanket
- [ ] Paper map of the area
- [ ] First aid kit and medications
- [ ] Headlamp or flashlight
- [ ] Spare tire and a jack
- [ ] Full tank before you leave

Ready.gov · NPS Mojave National Preserve

IF YOUR CAR DIES IN THE HEAT

1. **Stay with the car.** Do not walk for help.
2. **Too hot inside?** Get out and find shade away from traffic.
3. **Hood up, hazards on.**
4. **Shade, shirt on, barely move.**
5. **Sip your water. Never ration it.**

NPS · NWS · Arizona DPS · US Army FM 21-76

HEAT STROKE · CALL 911

Sweating stops, skin is very hot, confusion or passing out. Call 911 and cool the person down while you wait.

CDC

WANT THE FULL KIT?

The Stranded Kit adds the water and heat guide, a trip plan to leave with a friend, and cut out wallet and visor cards. Link in bio at **@outlast.this**.

General safety education, not medical or professional advice. In an emergency, call 911.